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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
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SUBJECT: "Green Are the Collards"--Information from the Office of Experiment
Stations, U.S. Department of Agriculture

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Remember Mark Twain's definition of a cauliflower?

"Just a cabbage with a college education".

He probably would have said collards are cabbages that never went to school
at all. Because collards are a non-heading form of cabbage...you know.

All the same...collards rate high with the homemaker these days. The rich
green adds color to winter meals. But more than that...collards are an excellent
source of vitamins...of ascorbic acid, riboflavin and carotene.

Scientists at the North Carolina Experiment Station recently made a study
of nine varieties of collards to find out just how rich this vegetable is in these
three vitamins.

Most striking--perhaps--was the ascorbic acid value of collards. On the
fresh basis in October it averaged at least twice the amount of ascorbic acid
found in oranges.

The study showed that collards are also rich in riboflavin. The average
riboflavin content for the nine varieties was twice as great as that for milk
on a comparable basis.

Like other green, leafy vegetables...collards are also rich in carotene.

Since collards are a popular winter crop...the scientists made tests to
find if these vitamins were lost as a result of frost. They found that there
were slight losses of ascorbic acid and riboflavin but no loss of carotene.

Collard greens are on the market now. Just a few suggestions about buying
them. Marketing specialists of the U.S. Department of Agriculture say when you

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buy collards...look for nice, dark green leaves. The fresher the greens, the better the flavor and food value, of course. The smaller the white spine in the leaf...the better the collards.

Wash collards as you do other greens. Wash'em quickly. Never soak. And lift them from the water to free them from sand and grit. If you must hold them for a day or so...keep green vegetables cool, damp and lightly covered. Pile loosely to prevent crushing.

When you cook collards...make it speedy. Twenty minutes should be time enough. Use as little water as possible. Salt it lightly. Then cook the greens in a covered pan. Season with salt, pepper and meat drippings or other fat. Serve at once.

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